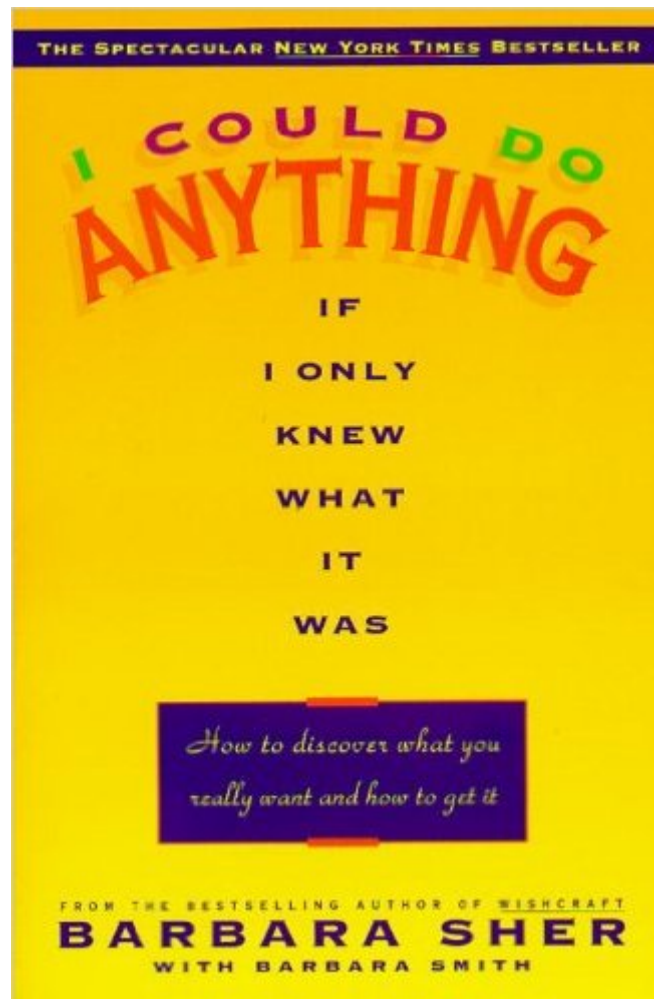


The book was found

I Could Do Anything If I Only Knew What It Was: How To Discover What You Really Want And How To Get It



Synopsis

If you suspect there could be more to life than what you're getting...if you always knew you could do anything if you only knew what it was, this extraordinary book is about to prove you right! A life without direction is a life without passion.Â Â The dynamic follow-up to the phenomenal best-seller *Wishcraft, I Could Do Anything If I Only Knew What It Was* (the New York Times Bestseller) guides you, not to another unsatisfying job, but to a richly rewarding career rooted in your heart's desire.Â Â And in a work of true emancipation, this life-changing sourcebook reveals how you can recapture "long lost" goals, overcome the blocks that inhibit your success, decide what you want to be, and live your dreams forever! You will learn:

- Â Â Â Â Â Â What to do if you never chose to be what you are.
- Â Â Â Â Â Â How to get off the fast track--and on to the right track.
- Â Â Â Â Â Â First aid techniques for paralyzing chronic negativity.
- Â Â Â Â Â Â How to regroup when you've lost your big dream.
- Â Â Â Â Â Â To stop waiting for luck--and start creating it.

Book Information

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Customer Reviews

This book literally changed my life. I have been wondering - since about the age of 15, I'm now 31 - what I really wanted to do work-wise. I sort of bounced from one thing that I'm good at to the next variation on that theme, without ever feeling passionate or fulfilled. I painful breakup and growing discontent at work led me to try to sort this situation out once and for all and purely by luck I came across this book at the library. I didn't start it until I felt ready, because I knew it wasn't going to be 'light on'. But one Saturday I picked it up and spent the next 8 hours pouring through it, doing the exercises and having one epiphany after another. At the end of it all I had applied to eight

companies that did the sort of work I wanted to do and I ended up getting a job at my first choice, even without direct experience in that field. I'm 8 months into that job and I could not be happier. The way I see it, the first three chapters of this book are about working out what you personally enjoy and are passionate about, while the remaining chapters are to help you overcome any barriers that prevent you from having that sort of work. This means that maybe only one of those latter chapters are for you, but it's all so practical that it's bound to have something that helps. For me, the barriers weren't the big deal, it was knowing what on earth I wanted to do. And trust me - I had tried almost every other thing, including personality tests, seeing professional counsellors, everything. This book helped me unlock those activities that I have enjoyed since I was just a little child, and see the common thread amongst them. It was like learning more about yourself in a day than you learn in a decade.

If you're the type who has always wanted to make a career move but has allowed doubt, fear, family pressure, or some other excuse to get in the way of progress, then this book might be the cure you're looking for. It describes the different obstacles that individuals often face when they try to find fulfilling employment and explains different motivational techniques to overcome these barriers. This book is written as a self- help guide and it is complete with exercises that you can complete at home with a pen and piece of paper. These exercises ask you to list out things about yourself, like your ideal career lifestyle, or typical excuses you make that interfere with career changes. Then, following your writing exercise, the book will help you analyze what you have said and help you make your wishes reality. Besides the exercises, this book also contains plenty of quotations from people who have attended the author's self- help seminars. This is added so that you, the reader, can hear what other people have to say who are probably in the same predicament as you. They share their personal feelings on the problems they have encountered when trying to switch lifestyles and they hold nothing back. It provides a good dose of reality to the book. This book isn't a self- test type of book that tries to determine what type of career would suit your skills best. It is intended for those who already have a general idea what they want to do but are unsure how to overcome the mental obstacles, family pressures, financial concerns, and other problems that interfere with pursuing a major life change.

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